



Eno Memorial Hall
754 Hopmeadow Street
P.O. Box 495
Simsbury, CT 06070
simsbury-ct.gov

Hours:

Monday: 8:30 am— 7:00 pm
Tuesday—Thursday: 8:30 am— 4:30 pm
Friday: 8:30 am— 1:00 pm

Contact

Us:

Senior Center Phone: (860) 658-3273
Social Services Office Phone: (860) 658-3283
Fax: (860) 408-7046



The Senior Communicator

November—December 2016



CT Historical Society Talk and a Movie: Katharine Hepburn: From Hartford to Hollywood & 'Morning Glory'

Katharine Hepburn, an American icon, born and raised in Connecticut, had a career in stage, film and television that reflected the changing role of women in broader society. The story of her life-long ties to Connecticut offers a complete picture of how Hepburn became the woman and the star she was.

Presenter Jenny Steadman is the Adult Programs Manager of the Connecticut Historical Society. She holds her Ph.D. in women's history and literature from Emory University and has taught at Emory University, Trinity College, and most recently at the President's College of the University of Hartford.

This 45-60 minute presentation will be followed by the movie **Morning Glory** starring Katharine Hepburn, Douglas Fairbanks, Jr., and Adolphe Menjou. The film tells the story of an eager would-be actress and her journey to stardom, and what she loses as a result. Hepburn won her first Academy Award for Best Actress for this movie.

Friday, November 4 1:00 to 3:00pm

Simsbury Public Library - Program Room

Free, sign up by November 1 through the Senior Center or the Library.

Co-sponsored by the Simsbury Public Library and the Simsbury Senior Center.

The Simsbury Senior Center's mission is to provide a community focal point where older adults come together for programs that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the Center and their community. We welcome all members of our diverse and growing older adult population (age 50 and over), their families, and friends.

Kathleen Marschall,
Senior Center Coordinator

Senior Center Assistant

Mickey Lecours-Beck,
Director of Social Services

Charlotte Barth,
Social Services Aide

Carolyn Krystiniak,
Senior Outreach Coordinator

Inside this issue:

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PLUS: Oodles of special events, presentations, movies, Bingo & more sprinkled throughout this edition!

Stay Fit! Be Well!

All participants are required to complete a yearly liability waiver before starting a fitness class. We advise that each participant have a complete physical examination before participating in any physical activity.

Balanced Bodies Exercise

Focuses on balance and stability.

Instructors:

Mondays - Mary Root
Wednesdays - Marie Burman
1:00-2:00pm

Mondays

11/7-12/19 - \$17.50/7 classes

Wednesdays

11/2-12/21 - \$20.00/8 classes

\$4.00/drop-in fee



Tai Chi

Gentle and beneficial for gaining flexibility & improving balance.

Instructor: Ken Zaborowski

Tuesdays & Fridays

Intermediate 10:15-11:00am

Beginner 11:05-11:50am

11/1-12/30 - \$67.50/15 classes

(no class 11/11, 11/25, 12/23)

\$6.00/drop-in fee

Stretch & Tone

Make your daily activities easier with total body conditioning. Includes cardio movement in between stretching & muscle toning with hand-held weights, small balls, and tubing.

Instructor: Marie Burman

9:00-9:45am

Tuesdays - 11/1-12/20

\$20.00/8 classes

(\$4.00/drop-in fee)

Cardio Blast Exercise

Traditional aerobics to music you love!

Instructors:

Mondays & Fridays - Mary Root
Wednesdays - Marie Burman

Mondays - 12:00-1:00 pm

11/7-12/19 - \$17.50/7 classes

Wednesdays - 12:00-1:00 pm

11/2-12/21 - \$20.00/8 classes

Fridays - 11:50 am-12:50 pm

11/4-12/16 - \$12.50/5 classes

(no class 11/11, 11/25)

\$4.00/drop-in fee

Perfect Fit Exercise

Low-impact aerobics, strength training, and Pilates.

Instructor: Susan Rubenstein

9:15-10:15am

Mondays - continues until 12/5

Wednesdays - continues 9/7-12/7

(no class 11/23)

\$5.50/drop-in fee

Interval Training

Alternates between aerobic exercise with strength training using kettle bells, resistance bands, Tabata training and more!

Instructor: Mary Root

9:00-9:45am

Thursdays - \$15.00/6 classes

11/3-12/22

(no class 11/24, 12/8)

\$4.00/drop-in fee

Yoga

Help de-stress from your busy day with yoga!

Instructor: Susan Rubenstein

10:30-11:30 am

Mondays - continues until 12/5

Wednesdays - continues until 12/7

(no class 11/23, 12/7)

\$8.00/drop-in fee



Holiday Express

Perfect Fit Mini Session

Stay fit during the holidays with

Susan Rubenstein.

9:15 am to 10:15 am

Monday 12/19 &

Wednesday 12/21

\$8.00

\$5.50/drop-in fee

Perfect Strength in 60

This class will offer a combination of strength training, core work, balance, and a complete stretch!

Instructor: Susan Rubenstein

Fridays 9:00-10:00am

Continues until 12/9

(no class 11/11, 11/25)

\$5.50/drop-in fee

Senior Center Fitness Room

Open Monday (8:30am - 6:30pm), Tuesday - Thursday (8:30am - 4pm) and Friday (8:30am - 12:30pm).

Fees: \$50/year or \$6/month. A note from your physician and an orientation from our personal trainer are required before signing up.

Stay Fit! Be Well!

♦ Call the Senior Center at (860) 658-3273 for information about any of these activities! ♦

Barre Body Fusion

This class gives you the perfect workout combining the latest in Barre, Pilates and Yoga. Sneakers can be on or off. Bring light weights and a mat.

Instructor: Susan Rubenstein

Tuesdays 5:00 - 6:00pm

Continues until 12/6 (no class 11/8)

\$8.00/drop in fee

The Mix!

Stay fit with a class designed to give you a cardio burst, strength training and core work.

Instructor: Susan Rubenstein

Thursdays 5:00 - 6:00pm

Continues until 12/8 (no class 11/24)

\$8.00/drop in fee

**Evening
classes!**

Yoga (Evening)

Instructor: Susan Rubenstein

Wednesdays 5:00 - 6:00pm

Continues until 12/7

(no class 11/23)

\$8.00/drop-in fee

Hearing Clinic

Connecticut Hearing Center will be at the Senior Center to clean and service hearing aids and perform general screenings.

All services are FREE of charge.

November 22nd & December 27th

Make your appointment through the Senior Center.

(Appointments start at 10:00am)



Line Dancing

Instructor: Mary Root

Line dancing is fun, there is great camaraderie and there is no need for a partner! It's a wonderful way to stay healthy! When line dancing on a regular basis, you may experience increased flexibility, muscular strength and lung capacity, as well as an improvement in bone health and coordination.

Thursdays—10:00-11:00am

11/3-12/22 (no class 11/24, 12/8)

\$15/6 classes

\$4.00/drop-in fee

Vision Support Group

A monthly support group for individuals affected by all stages of vision loss. This group will address assistive technologies and strategies for managing daily activities and will offer an opportunity to share experiences, information and encouragement.

No meeting in November or December.

Blood Pressure Screening

Sponsored by the Farmington Valley VNA.

No appointment necessary -

Every Wednesday 11:45am-2:15pm



Massage

Make your appointment for a 15-minute massage!

1st and 3rd Wednesdays: 11/2, 11/16, 12/7, 12/21

Appointments start at 10:00 am Cost: \$10.00



Foot Care Clinics

Half-hour appointments are available twice a month at the Senior Center. Nurses will trim and file nails, sand calluses and corns, and give a foot massage.

November 1st & 22nd, December 6th & 27th.

Appointments start at 8:30am

Cost: \$29 cash or check (made payable to PediCare)
the day of your appointment.

Schedule appointments through the Senior Center.

Clubs, Classes, and Games!

♦ Call the Senior Center at (860) 658-3273 for information about any of these activities! ♦

Wii Bowling

Everyone is welcome, no experience needed.

Thursdays: 10:00am-12:00pm



Painting Club

Get together with other painting enthusiasts in a relaxed and welcoming environment. Please bring your own materials.

Mondays 12:00pm-3:00pm, drop-in FREE!

Scrabble

Tuesdays 1:00pm-4:00pm, drop-in FREE!

Canasta

Tuesdays 1:00pm, drop-in FREE!

Cribbage

Tuesdays 1:00pm-3:00pm, drop-in FREE!

Setback

Fridays 10:00am-12:00pm, drop-in FREE!

Duplicate Bridge

For more information, contact Don Steele: (860) 651-9663 or donwsteele3544@gmail.com

Mondays 12:00-3:00pm
and

Fridays 9:30am-12:30pm \$1.00

Jewelry Making Workshops

Mondays, November 14th and December 12th
10 am-3 pm \$5.00, plus the cost of materials

Sign up by the prior Wednesday!

Intonations

This choral group enjoys singing together & performing at local venues.

Wednesdays: 10:00am-12:00pm

Continues until 12/7

Director: Greg Babal

Investment Club

This group enjoys researching and buying stocks.

November 9

2:00pm-4:00 pm

FREE, drop in

Book Club 2:00-3:00 pm

****No meeting in November****

December 7: *One Summer: America, 1927*
by Bill Bryson (NF)

Please sign up in advance. FREE!

Ceramics



Tuesdays: 10:00am-2:30pm

11/1-12/13 - \$17.50/7 classes

Instructor: Gloria Cerniglia

\$4.00/drop-in fee

Painting Class

Bring your favorite medium: watercolor, pastels, acrylics, and the appropriate painting surface.

Instructor: Deborah Leonard

Thursdays: 10:00am-12:00 pm

Continues until 11/10

\$6.00/drop-in fee

One-on-One Computer Help!

Did you get a new iPhone or iPad and not sure how to get the most out of it? Do you have questions about how to use your laptop?

Thursdays, 1:30-2:30 pm. in the Senior Center
Call to make an appointment.

Help us Save on Postage!

We encourage you to pick up your newsletter at the Senior Center. The next Newsletter will be available December 20th.



Food, Learning, and Fun!

Monday Suppers

Join us for supper at the Senior Center!

November 7: Chicken Pot Pie and homemade apple crisp

December 5: Menu to be determined.

Dessert & Beverage included!

5:00pm Cost: \$4.00

Please register for these meals no later than the prior Thursday!

Souper Tuesday

The Aging and Disability Commission invites you to lunch!

Tuesday, November 15 12:00pm

Free, please sign up by 11/8

- Enjoy soup, sandwich, dessert and coffee -

Thank you to The Junior Womans Club for providing desserts!

"White Christmas" with Eggnog and Christmas Cookies

On December 25, 1941 - 75 years ago - Bing Crosby sang the classic Irving Berlin song 'White Christmas' for the first time on his NBC radio show, the Kraft Music Hall.

We'll celebrate this event with a special presentation of the 1954 movie 'White Christmas' starring Bing Crosby, Danny Kaye, Rosemary Clooney and Vera-Ellen. Cookies and eggnog will be served.

Friday, December 16 12:30pm to 3:00pm Simsbury Library, Program Room

This program is co-sponsored by the Simsbury Public Library and the Simsbury Senior Center. You may register at either location



Wellness Series at the Simsbury Public Library

Giving Thanks ... the Power of Gratitude

Learn to keep a gratitude journal to track the little pleasures in life. Daily thoughts of gratitude can contribute to health and well-being. Presented by Jo Anne Harrison-Becker.

Thurs, Nov 17th, 2:30-3:30 pm

Free, sign up by 11/14 through the Senior Center or the Library.

Jo Anne Harrison-Becker, MS (Gerontology) has worked in the field of therapeutic recreation for 30 years in a variety of settings including long term care, independent and assisted living and rehabilitation. She is the founder and CEO of Therapeutic Recreation Services. .

Co-sponsored by the Simsbury Public Library and the Simsbury Senior Center.

Living Longer, Stronger

Care Transitions : A Behind-the-Scenes Look
The Impact of Medication Management on
Chronic Diseases

November 29th 6:30-8pm Free

Simsbury Public Library

Light supper will be provided.

RSVP by 11/25 to The Simsbury Senior Center,

(860) 658-3273 or kmarschall@simsbury-ct.gov

Sponsored by the Simsbury Aging & Disability Commission and the Simsbury Public Library.

AARP Driver Safety Course

Learn how to reduce traffic violations and chances for injuries, update your knowledge of recent changes in laws, and develop safe driving strategies to compensate for age-related changes.

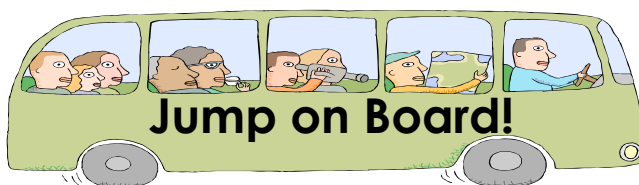
Thursday, December 15 9:00 am-1:00 pm

AARP Members: \$15.00 Non-Members: \$20.00
(checks can be made out to AARP the day of class)

Trips and More!

♦ Trips depart from the Iron Horse Parking Lot, behind Bank of America drive-thru, off Wilcox St.

Registration for trips begins October 27th



♦ Departure and return times are approximate
♦ Dial-a-Ride passes are necessary to go on Jump on Board Trips!

Saturday, November 5: Lyman Orchards, Middlefield, CT

Depart Simsbury 9:00am, return to Simsbury 1:00pm.

Monday, November 21: Westfarms Mall (Departure/return times TBD)

Monday, December 5: Kmart and lunch at Reins Deli, Vernon, CT (Departure/return times TBD)

Thursday, December 15: Travelers Chorale Holiday Concert at The Bushnell.

Depart 6:00 pm, concert at 7:30 pm, return to Simsbury 9:30 pm.

Monday, December 19: Target and Applebee's, Torrington, CT (Departure/return times TBD)

The Farmington Valley Travelers

For more information on trips, contact Jackie Maselek, Trip Coordinator at (860) 805-5511. Trip flyers are available at The Senior Center.

2016 Trips

Saturday Night Fever at Westchester Theatre November 2, 2016 Pre-Show Lunch



Coming in 2017!

River Cruising on the American Empress Paddle Wheeler July 16-24, 2017 (leaving from Spokane, WA)

Connecticut Civilian Conservation Camps: History, Memories and Legacy

Author and historian Marty Podskoch will give a presentation on his new book Connecticut Civilian Conservation Camps: History, Memories and Legacy.

The Civilian Conservation Corps (CCC) began on March 31, 1933 under President Roosevelt's 'New Deal' to relieve the poverty and unemployment of the Depression. Twenty-one camps were set up in many Connecticut towns, state parks and forests. Marty has collected hundreds of pictures, records and live interviews documenting the CCC experience for the men who passed through its cleansing days of hard work, Army discipline, and camaraderie to help support their families.

Marty Podskoch is a retired teacher and the author of seven other books. He is keenly interested in meeting individuals who may have CCC stories to contribute to his next book. He will have all of his books available after the presentation for sale and signing.

Tuesday November 29, 2016 1:00 PM to 3:00 PM Simsbury Public Library (Program Room)

Co-sponsored by the Simsbury Public Library and the Simsbury Senior Center.

Free, sign up by November 23 at either location

Lunch Menu ... and More!

Lunch @ Eno —Wednesdays

Lunch is served approximately 12:00 noon. Please make your payment at the time of your reservation.

Remember to sign up for lunch the Friday before, by noon.

All meals include bread/rolls, hot & cold beverages, and dessert!

Simsbury residents age 50 and over: \$3.00 - Non residents, and Simsbury residents under age 50: \$4.00

Turkey Cutlet with gravy, cornbread stuffing, broccoli, apple cake.....	November 2
Homemade Meat Lasagna with tossed salad, apricot bar	November 9
NO LUNCH—ST. MARY'S LUNCHEON.....	November 16
Chicken Parmesan with pasta, asparagus, peach cobbler.....	November 23
Tuscan Herb Cod with roasted potatoes, green beans, cookie bar.....	November 30
Turkey Cutlet with gravy, cornbread stuffing, broccoli, apple cake.....	December 7
Homemade Meat Lasagna with tossed salad, apricot bar	December 14
Pot Roast with gravy, red potatoes, carrots, gingerbread cake.....	December 21
Chicken Parmesan with pasta, asparagus, peach cobbler.....	December 28

Holiday Party



Celebrate the season at the Senior Center. We'll have entertainment and a catered lunch featuring Lasagna, tossed salad, meatballs, coffee and dessert.



Thursday, December 8, 11:00 am to 1:00 pm

Cost—\$8.00 (Sign up by December 2)

11:00 am: Our own Intonations Choral Group will perform

11:30 am: Join a sing-a-long featuring songs of the season.

12:00 pm: Lunch is served!

New Year's Eve Pizza and Bingo



Get an early start on ringing in the New Year at our pizza and bingo party. Great Prizes! Fun! Refreshments!

Thursday, December 29, 12:00 to 2:00 pm

Cost-\$4.00, Sign up by 12/27

Saint Mary's Annual Thanksgiving Luncheon

Enjoy a traditional holiday meal served by students, faculty and volunteers from Saint Mary's School. Reservations are necessary through the Senior Center.

Wednesday, November 16th

Doors open at 11:00 am

Meal is served at 12:00 pm

FREE, sign up by 11/10



This luncheon will be held at St. Mary's Parish Center, 946 Hopmeadow Street

Lunch and Learn: Is This Thing On? 'Safely Surf the Net' and 'Make Every Click Count'
Thursday, November 10, 11:30am to 2:00pm @ The Simsbury Public Library (Program Room)

If you attended Abby Stokes' program this summer, you'll want to come back! Abby will give you more of the knowledge, confidence and encouragement you need to feel comfortable with your electronic devices.

In 'How To Safely Surf The Internet And Find (Almost) Anything Online' from 11:30 to 12:30, Abby walks you through how to create a memorable, safe, and unique password, how to get the most out of your searches online; to safely shop and bank online; and shares recommendations for websites.

Lunch will be served from 12:30-1:00.

In 'Make Every Click Count' from 1:00 to 2:00, Abby helps you organize and simplify computer files as well as showing you how to protect your privacy and computer data. Learn how to find volunteer opportunities online and use your voice and your mouse to make a difference in your community and beyond.

Attend both talks or just one.

Abby Stokes has taken on the role of the Johnny Appleseed of Technology, crisscrossing the country to help people conquer their fear of technology. Her latest book is 'Is This Thing On?' A Friendly Guide to Everything Digital for Newbies, Technophobes and the Kicking & Screaming.

Co-sponsored by the Simsbury Public Library and the Simsbury Senior Center.

Free, sign up by November 7 at either location.



SOCIAL SERVICES PROGRAMS

860 658-3283 - Phone 860 408-7046 - Fax

Energy Assistance - Social Services is taking applications for the Energy Assistance Program, available to assist households in paying for primary heating bills incurred after November 9th. Benefits are also available for those who have heat included in their rent. Asset limits apply. Please call for information and to schedule an appointment.

Cheese Day - Fresh fruits, vegetables, along with canned goods, are given out on the **FOURTH** Wednesday of each month for those income eligible for the program; **11/23 and 12/28**.

SNAP (formerly Food Stamps) - We have partnered with FoodShare to provide application assistance at Eno Hall. Call Social Services for further information or to schedule an appointment. Next SNAP days: **November 7th, November 18th, December 5th, and December 16th.**

Mobile FoodShare Van - The Mobile FoodShare van will be at the First Church of Christ parking lot, 689 Hopmeadow Street, at 1:15 PM on alternating Mondays. Eligible residents will pick up donated fruits and vegetables. A schedule, including Avon and Granby dates, can be obtained at the Social Services Office. Dates for Simsbury are: **November 7th, November 21st, December 5th, and December 19th.**

Bread Day - Every Tuesday, after 9:00 AM, breads and bakery items are available in the Rotunda. Donations are provided by Panera Restaurant, Brookside Bagels, Fitzgerald's Foods, Metro Bis, and Starbucks.

Food Closet - The Food Closet provides non-perishable items for those income eligible. Donations are always welcome and help us keep the shelves stocked.

Dial-A-Ride - Passes are available for \$25 for an individual and \$35 for a couple. The pass allows you to use the Dial-A-Ride bus around town, Granby or Avon, out-of-town medical appointments, and Jump On Board Senior Center trips. Passes can be obtained at the Social Services Office.

Casino Trips ... Notable notes ... More!

Mohegan Sun.....Monday, November 14th

Mohegan Sun.....Monday, December 19th

Bus will depart at 8:30am and return to Simsbury approximately 5:00pm.

Cost: Advanced registration-\$23.00, Same day registration-\$30.00.

Includes round trip motor coach transportation, a \$15.00 voucher for food, and a \$20.00 bet.



Important information for Casino Trip participants:

- ♦ Bonuses are determined by the casino and, as such, are subject to change without notice.
- ♦ Participants must complete and carry an emergency medical card. (Cards are available from the trip leader.)
- ♦ Unfortunately, we cannot offer refunds.
- ♦ Advanced registration must be made at least one (1) business day before the trip.

Choosing Diets To Stay Sharp

Meet Chef Joe from The Residence at Brookside, and enjoy a cooking demonstration on healthy brain foods, with samples of the dishes Chef Joe is demonstrating. Our brain requires a constant supply of 'fuel'. That 'fuel' comes from the foods we eat – and what's in that fuel makes all the difference. Chef Joe has over 35 years of experience as an executive chef and specializes in nutrition and a farm-to-table dining experience.

Wednesday, November 16 1:00pm to 3:00pm Simsbury Public Library (Program Room)

Free, please sign up by November 14 through the Library or Senior Center

This program is co-sponsored by The Residence at Brookside, the Simsbury Public Library and the Simsbury Senior Center.

Notable Notes!



Aging & Disability Commission Meetings are held the 3rd Tuesday of the month at 7:00 pm in Eno Memorial Hall, Youth Room. Everyone is welcome! Meeting Date: 11/15, (no December meeting.)

Handicapped Parking Applications ... available at the Senior Center office.

CHOICES (Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening). A counselor will be available for one on one appointments. 11/8, 11/15, 12/6 and 12/13.

Copy Machine Staff in the Senior Center can make copies of medical, legal or financial documents at no charge.

Movies at the Library The Simsbury Public Library will be showing movies every Friday at 1:00 pm in the Program Room. Monthly movie schedules are available in the Senior Center Office.

Senior Center Lending Library A wide assortment of books, (including large print) for our members to borrow!

Seniors Job Bank Free service seeking to match those looking for help at home or at work, or looking for part-time work. www.seniorsjobbankct.org.

Postage Stamps For your convenience, the Senior Center offers single stamps for sale.

Privacy Policy The Senior Center does not give out Personal Information on any of its members, staff, or instructors. We thank you for understanding.





Simsbury Senior Center
P.O. 495
Simsbury, CT 06070

PRESORTED STANDARD
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*The Senior Center staff would like to wish everyone
a peaceful, happy and healthy holiday season.*

The Center will be closed on the following dates:

Friday, November 11 in observance of Veteran's Day;

*Thursday, November 24 and Friday, November 25 in
observance of Thanksgiving;*

Friday, December 23 in observance of Christmas Eve and

Monday, December 26 in observance of Christmas.

Senior Center Cancellation Policy

TRIPS: There will be no refunds or credits on trips once a payment has been received unless a replacement can be found.

LUNCH@ENO: Requests for credit should be made by the Friday before, by 12:00 noon.

ALL OTHER PROGRAMS/CLASSES: Requests for credit should be made 7 days prior to the start date or event date.

INCLEMENT WEATHER POLICY

If Simsbury public schools are cancelled, all day and evening classes and programs are cancelled at The Senior Center. If there is a school delay, classes and programs will run on their regular schedule unless we contact you. Every effort will be made to make up classes or programs cancelled due to weather conditions. If Simsbury Schools are on vacation, tune to WFSB, WTNH, NBC30 or check their websites.



The Simsbury Senior Center strives to be a welcoming center that acknowledges and respects the diversity

of our members and guests - a diversity which includes differences in sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

